



Approved by:



# Rollin' With The Flow

## 4 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 3 4 & 5 6 - 7 8 & 1	<b>Side, Cross Rock, 1/4 Turn Shuffle, Step, Pivot 1/2, Lock Step</b> Step right to right side. Cross rock left over right. Recover onto right. Step left 1/4 turn left. Step right beside left. Step left forward. (9:00) Step right forward. Pivot 1/2 turn left. (3:00) Step right forward. Lock left behind right. Step right forward.	Side Cross Rock Turn Shuffle Step Turn Right Lock Right	Right Turning left  Forward
<b>Section 2</b> 2 - 3 & 4 5 & 6 7 - 8	<b>1/4 Turn, Back Rock, Side, Behind Side Cross, Side With Sway, Sway</b> Step left forward turning 1/4 right. Rock right behind left. Recover onto left. Step right to right side. (6:00) Cross left behind right. Step right to right side. Cross left over right. Step right to right side swaying hips right. Sway hips left.	Turn Back Rock Side Behind Side Cross Sway Sway	Turning right Right   
<b>Section 3</b> 1 2 & 3 4 & 5 6 7 8	<b>1/4 Sweep, Behind Side Cross, Side Rock Step, Full Roll Forward</b> Turn 1/4 left on ball of right sweeping left out and behind right. (3:00) Cross left behind right. Step right to right side. Cross left over right. Rock right to right side. Recover onto left. Step right forward. Step left forward left, toes pointed out (extended 5th). (3:00) On ball of left pivot 1/2 turn left stepping right back. (9:00) On ball of right pivot 1/2 turn left stepping left forward. (3:00)	Turn Behind Side Cross Side Rock Step Step Turn	Turning left Right Forward  Turning Left Turn
<b>Section 4</b> 1 - 2 3 & 4 - 5 6 - 7 8 & 1 <b>Note</b> <b>Option</b>	<b>Step, Syncopated Jazz Box, Side, Cross Rock, Full Turn</b> Step right forward. Cross left over right. (3:00) Step right back. Step left to left side. Cross right over left. Step left to left side. Cross rock right over left. Recover onto left. Step right 1/4 turn right. (6:00) On ball of right pivot 1/4 turn right stepping left to left side. (9:00) On ball of left pivot 1/2 turn right stepping right to right side. (3:00) Last count is the first step of the dance, so start again from count 2. Replace 8 & 1 with chasse: step right to side, close left beside right, step right to side.	Step Cross Back & Cross Side Cross Rock Turn Turn Turn	Forward Back  On the spot Turning right

**Choreographed by:** John 'Growler' Rowell (UK) August 2007

**Choreographed to:** 'Rollin' With The Flow' by Mark Chestnutt

(90 bpm) from 'Rollin' With The Flow' album

(16 count intro - start on the word 'head')



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)



Music available on Higher & Higher CD available from [www.linedancermagazine.com](http://www.linedancermagazine.com) or call 01704 392300